

# **Reports on the Effects Long-Term Participation In The Monroe Institute Programs**

## **Participant H**

### **Understanding Transpersonal Experiences**

- I see my life as full of possibility. The question for me is can I open up to the possibilities? Can I see things in a different way? I am now walking my journey in a way I once only intellectually understood - staying in the moment. I can recognize when I have stepped out of the moment, but I know I have a choice of moving back into the moment.

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

I liked climbing trees – it was quiet and it was in nature. I stuffed a lot of things inside of me and then I would read books and go climb trees to deal with it [. . .]  
If I ever got bored, I could always daydream.

- Plays the violin and guitar. Uses music in her education and therapeutic practice.
- Formed and currently runs a therapeutic practice for children with feeding, swallowing, oralmotor, and prespeech problems.
- Author of scholarly articles/books.
- Teaching and public speaking in continuing education programs.
- Camping, hiking, climbing trees as a child. Rowing and hiking yet today.

#### **Other Personal Development Activities**

- Has worked with Barry Neil Kaufman (Founder of the Options Institute), underwent personal therapy, continues to play the guitar, completed studies in accelerated learning.

#### **Anticipation of Liminal States**

- Wanting to trust a journey I do not understand

#### **Playfulness Towards Life**

- I enjoy my life though at times I miss having someone to share intimate things. I am not sure I am willing to do the give and take that is necessary for living a full life with another person.
- I have a cottage on 30 acres in Wisconsin which I use as a retreat. This summer I was floating on a raft on the lake and I had an encounter with a male loon who came within 6 feet of me. I had a strong sense of merging or union with this wild bird. It is now one of my highlights.

